Pauline Furlong's Talks Lend the Way They Fight! On Health and Beauty

Proper Foods for Body Building

ITHOUT good health you cannot expect to have a well-rounded figure or a lovely complexion, and without proper food you cannot hope to have good health. So the woman who wishes to be physically attractive-and what woman does not?-

can well afford to take the trouble to study the effects of different foods in order that she may give intelligent care to her body.

Our common foods are grouped into five classes: Proteins, fats, carbohydrates, mineral matter and water. Not all these are tissue builders, though each has its special purpose in the economy of the human system. The only foods which build tissue are those which contain nitrogen, because this is constantly

required by the cells and tissues of the body. contain carbon, oxygen, nitrogen, hydrogen and sulphur. They are the most important of all foods for the upkeep of the human body, not only because they build tissues, but also because they act as generators of heat and energy. Proteins and mineral matter and water, which also build tissue, should be taken in some form at least once each day, for in building tissue they make blood, muscle, bone, skin and sinew.

Proteins are found in lean meats (especially in mutton), codfish, gluten of flour, whites of eggs, cheese, grains, nuts, peas, beans, lentils, dried

The fats are the heat foods. They are to be found in the fat of meats (pork especially), goose, mutton, butter, oils, milk, cream, yolks of eggs, cheese, nuts, fatty portions of some grains, and in some vegetables, including sweet potatoes, parsnips, artichokes and several others in

The carbohydrates are composed of starches and sweets. They are present in dates, raisins, prunes, figs, white flour, rice, potatoes sugar. &c., and are valuable as work foods. Sometimes they serve as fuel to the body by being transformed into fat.

The mineral matter, water and fresh air taken into the system also act as work food and heat producers.

When machine oil has stained your

sewing wet the spot with turpentine and wash out with cold water, using

The spots in your mahogany furni-

ture will disappear if you apply a weak solution of oxalic acid and water with the end of a cork. Dip

If the cover of the froming board is

starched it will keep clean longer and ironing over the smooth surface will make the task easier.

If you use sour milk for the cake dissolve the soda in the milk and beat with the egg-beater for a minute.

You will then produce a fine-grained

The Housewife's Scrapbook

R ICE can safely be included in one if into amail bunches and place these meal a day without creating a into a glass for with in place these meal a day without creating a into a glass jar with layers of sait distasts for R. To save fuel a as seasoning for soups, &c. large quantity can be cooked at one At first serve it as plain cooked rice, then use it for croquettes, or combine it with tomatoes, cheese. minced meat or fish. It will answer as a dessert in puddings and cakes and se muffins it makes a delicious

with reast pork serve white or spots until the color is restored. Then sweet potatoes and apple sauce. As sponge with water and when dry polish in the usual manner. accompanying vegetables have olons, squash, creamed cabbage or ecalloped tomatoes.

Sauted bananas are nice with brolled steak. They are also good brolled steak. They are also good when you mend the lace curtains served on toast for luncheon. After paste tissue paper under the rents removing the skins take off the fibres and stitch back and forth on the and cut benans in half. Fry in hot machine. This will fill in neatly and cooking oil until nicely browned on

For soups put ment on stove in cold water and let it slowly come to boiling point. This extracts the Strong heat sears the meat and retains the juices, hence all boiled meats should be covered with bolling water.

When buying corned beef select mayel cut, a flank or plate piece, the brinket. These cuts cost less than over portions make excellent hash and combine well with rice, macaroni,

If you like the baked beans brown caramelize a little sugar and add this to the beans before putting into oven

To prevent lumpy gravy use a stiver fork in mixing the flour and stirring the gravy.

If your tea kettle has not the always cold knob stretch the end of a kid glove finger over it. This is betier than bunting for the holder or cioth to lift the cover.

After cutting onions let the cold water run over the knife to remove

A pinch of baking soda added to the greens in cooking will retain the r

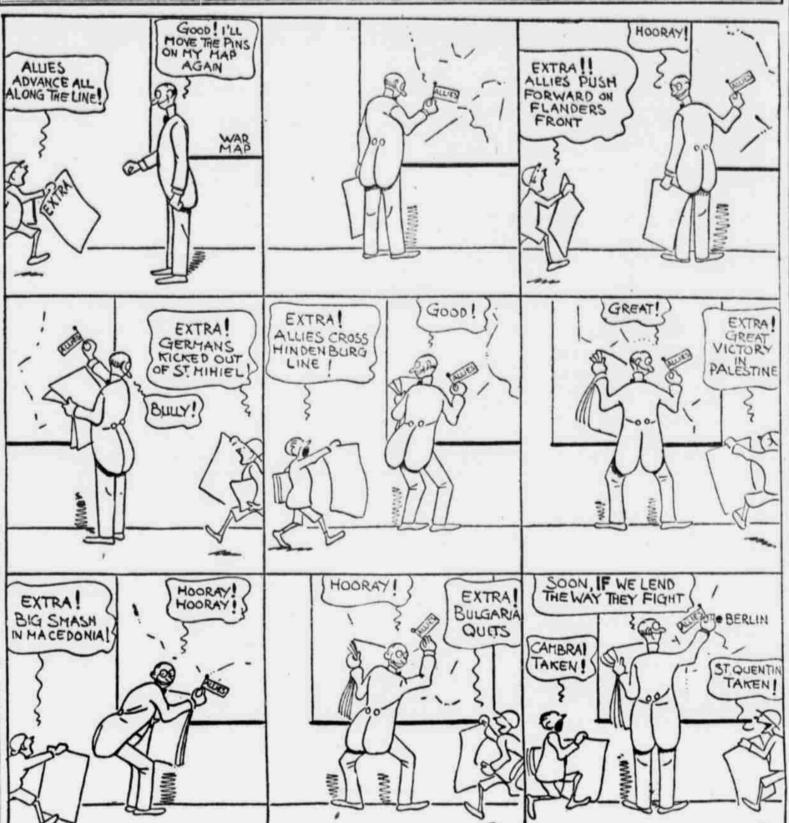
Pick parsley now. While fresh to

First American Newspaper

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By Maurice Ketten especiable, 1918, by The Press Publishing Co



Original Fashion Designs For The Evening World's Home Dressmakers

By Mildred Lodewick

Novel Satin Blouse

has chosen a two piece suit which to saunter forth these autumn days should by no means overlook the importance of a blouse to complete the outfit. It is as important as the hat. Too often, however, one is apt to feel that any blouse at all may be worn under the coat, or perhaps put off acquiring a blouse until later. In the meantime, one cannot but present the appearance of an incompletely turned out production, in a sartorial way. The suit which should have made a favorable impression may have passed unnotired amongst one's friends. Indeed, to obtain the full benent of anything new to wear a woman should use her utmost good judgment in everything else that goes with

A blouse that is pretty and practical s offered in my dasign to-day. Made of satin in a color to

match one's suit it would lend to a widen toward the wrist refuse the autheir coat is removed. Any color, choices that combine with any suit or color. The distinctive feature of this blouse is the long, frings-weighted tab which is an extension of that part of the blouse which is buttoned over to the side. Another worthy feature is the low yoke effect, which is defined by a cording, and terminates on the right side-front under a hand worked arrow. This arrow also marks the corner of a tiny pocket which is concealed under three inches of this cord's length. The long sleeves which



THIS BLOUSE WILL ADD A DISTINCTIVE TOUCH TO THE AUTUMN BUIT.

certain extent the effect of a one piece thority of a cuff except for half et frock, which many women like when their width. In a manner unusually gratifying, the cuffs are linked tohowever, is suitable, tan or gray being gether with two buttons and eyelets. The collar may be lace edged net or hemstitched Georgette, either white tan or self color.

Answers to Queries



teen-year-old daughter, who is rather stout and shortwaisted? She weight 121 pounds, is 5 feet 31-2 inches tall, has black hair, rosy cheeks, blue eyes. What color would be pretty aside from dark blue? MRS. W. R

duvetyn or serge for this dorign, with front vestee of either tan or duli blue velour, braid trimmed. Brown satts

I have a fur colwear. Would like it of brown velveteen Will you suggest a style for me? Am twenty - eight years

lar and buttons, kolinsky - dyed squirrei, which I would like to use on a emart dress for full

of age. 5 feet 4 inches tall, weigh 118 pounds.

You did not state the shape of your for collar but this design on almost any



box pleats back and front and inverted ones on the hips. The waist is only sleeves are presty much worn out. Will you kindly lend me your ad-MRS. M. R. P.

vice on what to do with the dress, as the material is good quality. Am thirtythree years of age. Gray velour com-

into a bow at back. Fashion Editor, The Branton World: I have a dress which I would like to make over. It to blue serge, and the skirt has double

bined with your

hen the UBoats Came Strange Flashes From a Lighthouse Prove to Be a Signal In the Morse Code By Ben Ames Williams By Ben Ames Williams Exports of reactive or the state of the control of of

Suppressed After One Issue had been overswed by a man haif his regular winking did he study what THE first American newspaper, size—made to feel the other's com-

He proposed that "Memorable Occurrents of Divine Providence may not
be neglected or forgotten," and indulged in a plous hope "that some
thing may be done toward the Curing
or at least the Charmins, of that
Spirit of Lying which prevails among
us, wherefore nothing shall be
tered but what we have reason to be
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